



MARYLAND ACCESS POINT

YOUR LINK TO HEALTH & SUPPORT SERVICES

FMH Programs & Support Groups

Wednesday, March 8, 2017
11:30 a.m.

Amber Lange, FMH FIHN Nurse, will present information regarding programs and support groups available to county residents.

Maryland Access Point (MAP) provides information and assistance to area residents.

(Stay for lunch - \$4.68 regular meal cost)

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

301-600-7020 • Like us on Facebook: [Urbana Senior Center - Frederick County, MD](#)
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